



Apple Pudding Cake with Whiskey Caramel Sauce

Cake:

Ingredients:

1 cup (250 ml) all purpose flour
1 1/4 teaspoon (6.5 ml) baking powder
1/4 teaspoon (1.25 ml) baking soda
1/2 teaspoon (2.5 ml) salt
1/2 teaspoon (2.5 ml) ground nutmeg
1 teaspoon (5 ml) ground cinnamon
2 Tablespoons (30 ml) soft butter
1/2 cup (125 ml) granulated sugar
6 apples -peeled, cored, sliced
1/2 cup (125 ml) brown sugar
1 cup (250 ml) fresh apple cider, very hot
1 teaspoon (5 ml) vanilla

Directions:

- Heat oven to 350 degrees F. (180 degrees C.)
- Coat a Pyrex or other non-metallic 9-inch pan with cooking spray.
- In a small bowl sift together the flour, baking powder, baking soda, salt, nutmeg, cinnamon. Set aside.
- In another larger bowl, cream the butter with the granulated sugar. When it is well mixed, add the flour mixture and stir until well mixed.
- Sprinkle half of this mixture into the bottom of the prepared pan, layer half of the apples on top, then sprinkle the remaining cake mixture over the apple layer, and then top with the remaining apples.
- Sprinkle the brown sugar over the top layer of apples.
- Stir the vanilla into the hot cider, then pour the cider over top of the cake mixture.

- Place pan in oven and bake for 1 hour.
- This is best served warm. Nice with ice cream, whipped cream, and/or whiskey caramel sauce (recipe follows).
- Serves 6-8.

Whiskey Caramel Sauce

Ingredients:

1 cup (250 ml) granulated sugar
1/3 cup (85 ml) whiskey
2 Tablespoons (30 ml) butter
1/3 cup (85 ml) 35% cream
Pinch of salt

Directions:

- Pour sugar into a heavy-bottomed saucepan, and place over medium heat. Let it sit and melt until sugar is completely dissolved and it is a deep golden colour. This will take about 10 minutes or so. Do not stir it and do not walk away from it. It can go from golden to burnt in a matter of seconds.
- When the sugar has dissolved and the colour looks good, remove the pot from the heat and pour in the whiskey, the butter, and the cream. It will splatter up so be careful.
- Using a wooden spoon or a whisk, stir the ingredients together until smooth. You may have to return the sauce to the heat for a minute to make it smooth.
- This is best served slightly warm with the cake. Also good on it's own on icecream.

Recipe created by Christine for Best New Book Club